



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Tuesday of the First Week of Lent
Lectionary: 225

Read the following passage four times.

- The first reading, simply read the scripture and pause for a minute. Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "*Where does the content of this reading touch my life today?*" Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "*I believe that God wants me to today/this week.*" Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Reading

Is 55:10-11

Thus says the LORD: Just as from the heavens the rain and snow come down And do not return there till they have watered the earth, making it fertile and fruitful, Giving seed to the one who sows and bread to the one who eats, So shall my word be that goes forth from my mouth; It shall not return to me void, but shall do my will, achieving the end for which I sent it.



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Responsorial Psalm

Ps 34:4-5, 6-7, 16-17, 18-19

R. (18b) From all their distress God rescues the just.

Glorify the LORD with me, let us together extol his name. I sought the LORD, and he answered me and delivered me from all my fears.

R. From all their distress God rescues the just.

Look to him that you may be radiant with joy, and your faces may not blush with shame. When the poor one called out, the LORD heard, and from all his distress he saved him.

R. From all their distress God rescues the just.

The LORD has eyes for the just, and ears for their cry. The LORD confronts the evildoers, to destroy remembrance of them from the earth.

R. From all their distress God rescues the just.

When the just cry out, the LORD hears them, and from all their distress he rescues them. The LORD is close to the brokenhearted; and those who are crushed in spirit he saves.

R. From all their distress God rescues the just.



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Verse Before the Gospel

Mt 4:4b

One does not live on bread alone, but on every word that comes forth from the mouth of God.

Gospel

Mt 6:7-15

Jesus said to his disciples: "In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

"This is how you are to pray:

Our Father who art in heaven, hallowed be thy name, thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

"If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive your transgressions."